

## Be a responsible host when serving alcohol at your party

If alcohol is included in your holiday party, be a responsible party giver, urges Norma Simpson, Oregon State University Extension agent in Warm Springs.

"Persons serving drinks to guests in their homes have almost the same legal liability as commercial establishments serving alcohol," accord-

ing to Alice Mills Morrow, OSU Extension Family Economics Specialist.

There are criminal penalties for serving alcohol to minors and intoxicated persons. Party hosts may be held liable if a drunken guest should cause injury or death to others after leaving the party.

As you plan your party, think

carefully about if and how you will serve alcohol.

"If your party includes minors, the easiest solution is not to serve alcohol," Morrow says. "If you do serve alcohol, make sure the minors don't drink."

"Responsible" hosts will plan a social evening and not a "drinking

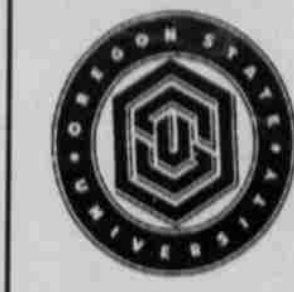
party," Morrow notes. This means having some fun activities planned and serving snacks to slow down the consumption.

Plan the kind of drinks you will serve. For instance, a punch with a smaller amount of liquor may be better than spirits on the rocks. Above all, have drinks without alcohol available, such as coffee, cider, fruit and vegetable juices or soft drinks.

"Never insist that someone drink alcohol and most important, help the pregnant women not drink. Keep the circle strong," said Simpson.

If a guest has had too much to drink, substitute a nonalcoholic drink. Decide in advance when the party will end and then stop serving alcohol about an hour before the end. Serve food and coffee, but remember it won't sober up a person who is drunk. Sobering up cannot be done quickly.

"Guests have a responsibility for their own behavior, too," says Morrow. "When you and your family members are guests at someone's house, act responsibly — monitor your alcohol intake and have a sober designated driver to get you home safely."



Information provided by:  
Warm Springs OSU  
Extension Office  
1110 Wasco Street  
553-3238

## Questions answered about holiday turkey safety

By Norma Simpson

Before Thanksgiving I was swamped with questions about turkey preparation and safety from Warm Springs residents.

Q. I've had a turkey in the freezer since last Christmas. Is it still safe to eat?

A. I called the Butterball Turkey Talk Hotline (1-800-323-4848) to get the home economists response. "If the freezer is working well, and the turkey has not been thawed and refrozen, the turkey is safe to cook and eat for one year."

Q. How early should I take the turkey from the freezer to thaw?

A. A 24 pound turkey should be taken out of the freezer 3 days before it is to be cooked, and placed in a refrigerator. When I told the Butterball home economist that was not practical for most people to put the turkey in the refrigerator she said it would be okay to put the bird in an ice chest indoors if the lid was shut.

Another option is to put it in two paper bags in a cool part of the house out of reach of pets. Be sure to put a metal tray or baking pan under the bird because it will perspire and perhaps leak blood and juice if the plastic is torn. If it is not thawed enough to get the neck and giblets out of the cavity, run cool water over the bird in the bag until you can get the legs apart.

Q. Why is it important to wash your hands after handling the frozen turkey?

Poultry, like turkey and chicken, can be a breeding ground for Salmonella, one of the bacteria that causes severe stomach upset. It's normally on the surface of the skin, and can easily get onto your hands. Then you can spread the bacteria to other uncooked foods, like fruits and fresh

vegetables.

Salmonella is a stubborn bacteria, but it is destroyed by heat. However, because it is stubborn, it's spores will grow again once the turkey starts to cool. As soon as the meal is over, put the leftovers in the refrigerator or a cold protected part of the garage away from animals. If you use the ice chest, be sure it is washed with hot soap water.

Q. The dressing always runs out before the rest of the turkey is eaten. How come your turkey had so much dressing?

A. My family likes plenty of dressing. But we know it must be eaten within two days. So we make about 8 cups of toasted bread crumbs, 3 onions, 6-8 stalks of sliced celery, poultry seasoning and 1-2 cups of turkey broth made by boiling the giblets. Salt the cavity of the bird before you lightly stuff it. Put the rest of the dressing in another pan or wrap in foil to cook outside the turkey. Eat the dressing from inside the turkey first. Freeze the other dressing to eat later.

Q. I hate to get up early to put the turkey in the oven so I stuff the bird

the night before. Is that a good practice?

A. Don't stuff the bird the night before. The bird's cavity insulates the stuffing from cold temperatures needed to keep the bird and stuffing safe to eat. The warm temperature of the dressing is ideal for bacteria to grow in the bird even though it is in the refrigerator.

Instead, boil the giblets the day before. Cool them enough to slice and then boil the mixture for 10 minutes more to kill any bacteria that you added from your hands. Put the broth in the refrigerator, also have the toasted bread crumbs, onions, celery and perhaps mushrooms sliced and stored in packets ready to mix together just before you stuff the turkey. That way you can sleep in one more hour.

Q. I like to cook my turkey all night. Is there anything wrong with putting the turkey on 250 degrees when the bird is stuffed?

A. Cooking the bird below 325 degrees Fahrenheit permits the bird and stuffing to stay between 40 and 140 degrees long enough to allow bacteria to multiply.

## A voiceless little angel bakes the first Christmas cookie

It was late on December 24th, and all Heaven was bustling with last minute preparations. Billowing clouds were getting into formation, the stars were polished to their twinkling brightest, and the angels' choir was completing its final rehearsal. Everyone was too busy to pay attention to a tiny angel sitting dejectedly on an equally tiny rain cloud.

Misty had a cold. Her voice was hoarse — too hoarse, the choir director said — to join in the singing so carefully planned for this most glorious of all nights. "You'd better stay

home in Heaven and rest," the director told her. "That way you'll surely be ready to sing for the visit of Magi."

Misty watched the clouds, each one puffed full of importance, swoop up to the main gate and race through. She blinked when the stars turned their switches to high beam. She listened with sorrow to the roar of wings as the angel choir headed for Bethlehem.

Her halo askew, her wings drooping, her heart hearing, Misty sat and untied the tassels of her golden belt. When an angel was too sick to sing a welcome to the Christ Child, what could she do? Weave him a blanket of warm sunbeams, decorate his pillow with star dust, bake him an angel cake? No, He should have a very first, and a very best of something.

With a hoarse little "Ha!" of delight, Misty righted her halo, scrambled off her little rain cloud and headed for the kitchen. Tying a patch of blue sky around her waist as an apron, she literally flew about gathering ingredients — cloud soft flour, golden eggs, a dipperful of Milky Way. There was the whir of beaters, the plunk of a rolling pin, the dot, dot, dot, sound of the cooking cutter. Out into the sun to bake went the largest cookie ever made.

While her present for the Christ Child baked, Misty polished her halo and brushed the last traces of flour from her wings. Humming happily to herself, she picked up her present and set her compass for Earth. Down, down through the winter blackness she flew, past the sun, through the stars and under the stretched out clouds. Guided by the exultant voices of the angel choir, Misty never lost her way at all. She flew straight to the Inn at Bethlehem.

Misty glided to a stop at the en-

trance to the stable, suddenly afraid to go in. She saw an infant in the manger, a woman kneeling nearby. Overcome with awe, but still determined to welcome the Christ Child, Misty hung her star cookie on a horseshoe nailed over the stable door. As she did, the Child stirred in his sleep and smiled. The angels stopped singing, a sacred hush went over the world and the manger was filled with a brilliant light which spilled through the doorway, making the sugar crystals of Misty's cookie twinkle radiantly. Her head bowed, Misty's heart sang the words her voice could not.

Through the centuries, as the story of Christmas has been told and retold, there are those who talk of the brilliant star in the East which guided the Wise Men to Bethlehem. There are others who say the star was really a cookie — the only present a voiceless little angel could bring to the Christ Child.

Misty's Cookies

- 3/4 cup butter
- 1/2 cup sugar
- 1 egg
- 2 1/4 cup flour
- 1/2 tsp. vanilla
- 1/2 tsp. almond flavor
- 1 cup fine grated coconut
- Light cream
- additional sugar

Cream butter, add sugar, beat until light and fluffy. Add egg and beat well. Add flour, small amount at a time mixing thoroughly. Blend in vanilla, almond flavor and coconut. Divide dough in half, and wrap in wax paper. Chill 30 minutes. Roll dough 1/2 inch thick. Cut with star or other cookie cutters. Place on ungreased cookie sheet. Brush top with light cream and sprinkle generously with sugar. Bake about 6 minutes at 400 degrees Fahrenheit.

Merry Christmas

## Special thoughts for special people and 4-H'ers...

To: 4-H'ers, parents and the 4-H leaders  
From: Carol Stevens, Crystal Winshut, Arlene Boileau, Warm Springs 4-H staff.

You are becoming the most positive and enthusiastic persons around Warm Springs....

You are all focusing on making things better, not bigger.

You leave everything a little better than you found it.

You are taking charge of your attitude, and not letting anyone else choose it for you.

You learn to listen. Opportunity sometimes knocks very softly.

You are becoming all this and more. Have a very joyous Christmas and an outstanding 1993.

At this time we have the following 4-H Clubs, and their leaders:  
4-H Beadwork, Myra Shawaway; 4-H Basketball Girls, Foster Kalama; 4-H Basketball Boys, Melvin Tewee; 4-H Search & Rescue, Keith Baker; 4-H Beginning Cooking, Liz Blann; 4-H Expressive Art, Art McConville.  
Please check with your leader to see if you are meeting through the holidays.

Watch this page for the dates of the 1993 Wilderness Enrichment Camp.

## Make harvest wreath from yard, roadside or garden

In the late autumn, backyards, local fields and country roadsides are full of colorful materials to make a festive harvest wreath, says Ray McNeilan, Oregon State University (OSU) Extension home gardening agent.

A cheerful wreath can be easily put together at home with materials

you gather yourself. For each 12-inch wreath, collect about a laundry basket full of plant materials. Snip off branches full of rose hips, sagebrush, juniper, large evergreen leaves such as rhododendron or camellia, colored leaves, perennial herbs and evergreen boughs. Collect golden seed pods, nuts, cones and dried grasses. Tiny gourds, baby corn or pumpkins can be store-bought to add eye catching accents.

Wreath bases can be purchased or made. Craft or hobby stores sell wreath bases of plastic foam, compressed hay, grape vine or wood twigs. Many beginning wreath makers prefer the plastic foam wreath

bases, because wire hairpins can be inserted into the foam to attach the flatter plant materials like sprigs and leaves. If you start with a grapevine or twig wreath base, attach materials with a quick drying plastic glue from a heated glue gun.

Start by covering your wreath base with flatter materials like leaves, boughs and herb branches of rose hips, juniper berries and dried flower heads by gluing or pinning. Then accent the wreath with larger materials like nuts and gourds. Allow glue to dry before hanging your work of art. The wreath will last several months, but will be at its brightest for the first few days after you make it.



## Brighten Grandma's spirits this Christmas season with new clothes

By Norma Simpson

In a community like Warm Springs, everyone has contact with an older person. Some are no longer able to get out of the house because of the cold weather.

Brighten their spirits with some cheerful clothing. It will enhance their mental and physical well-being. Especially if that person recently retired from a busy life. This time of retirement may give them the feeling that they don't have to "spruce up" anymore. But the retirement time may lead to depression for both men and women. If their lives suddenly seem bleak, they may go into deeper and deeper depression.

Family members, who don't buy new clothes for an older relative because he or she might not wear them very long, are doing no favor for that older relative. It doesn't matter how long the clothes will be worn. New

clothing boosts the self-confidence of the elder and keeps them in touch with the youngsters in the family. Buying new clothes that make them look good and feel good is as important as buying new glasses when the person needs them.

Perhaps if they spend a lot of time in a wheelchair, they could have a bright Pendleton blanket, cut in half to cover their legs so it is warm but not too heavy. Strips of velcro could hold the sides together around the legs to keep from dragging the blanket on the floor or getting caught in the wheels.

Make a cape of the other half, to cover their shoulders when they go outside. Strips of velcro could make the cape stay in place around their arms yet easy to slip on the person as they go out the door.

Please share other gift ideas to brighten the life of our elders.

## Stockman's Roundup



By Bob Pawelek  
OSU Extension Agent  
Livestock and Range

### The Hard Way

Have you ever seen that TV commercial for bathroom tissue in which the determined little girl uses the tissues for football pads? Around about the third time that my feet flew out from under me on the ice, I decided it was time to take some action. I'm now fully prepared for an inevitable fourth crash landing, with a roll or two stashed in some strategic locations.

Lots of new experiences for me. For instance, I learned how the stringy bark of big sagebrush was used for weaving moccasins. And, what a wonderful, spicy flavor it gives to smoked meats. Good thing it was chicken that I had on the pit the first time... though. That's when I mistook bitterbrush for it.

Now I know to park a little farther away from the side of the house. This lesson was courtesy of the avalanche

of snow from my roof that buried my truck last week.

### 1993 Programming

OSU Extension Livestock program planning for 1993 is currently underway. We want your input. Choose 10 programs from the list below that you would like to see presented in the area of livestock production. Bring to the OSU Warm Springs Extension office at 1110 Wasco St., or mail it to PO Box 430, Warm Springs.

Select 10 livestock topics that interest you.

- Visual selection of beef cattle
- Getting started in the business
- Breeds of cattle
- Body condition scoring
- Biological cycle of the cow
- Calving seasons
- Branding and processing
- Breeding season
- Management of young calves
- Weaning
- Replacement heifers
- Wintering
- Livestock psychology
- USDA grading standards
- Selecting and judging horses
- Breeds of horses
- Horse health
- Feeding horses
- Horse management practices
- Feeding/finishing horses
- Other topics: \_\_\_\_\_
- Family/farm finances
- Finance principles
- Budgets and budgeting
- Bull soundness and management
- Artificial insemination
- Shortening the calving season
- Pregnancy checking
- Shortening the breeding season
- Range plant identification
- Range improvement
- Grazing systems
- Vaccines and their use
- Animal health program
- Genetics
- EPD's and sire summaries
- Beef cow nutrition requirements
- Ration balancing
- Hay management
- Marketing cattle
- Market trends

Your Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Please complete by January 15. Thanks for helping us plan your 1993 livestock program.

## Prepare now for February 13 calving school

Warm Springs OSU Extension office will present a calving school for Warm Springs producers on Saturday, February 13, 1993 at the Norstar Cattle Company near Willowdale.

Dr. Don Hansen, Extension Veterinarian and Dr. Bill Zollinger, Extension Beef Specialist for OSU, will be here to present the program.

This school will be a hands on learning experience designed to teach the novice and expert. The class will be limited to ten students so all participants can be involved. Registrations will be taken on a first received, first enrolled basis. There will be a registration fee of \$20 to cover expenses.

Topics include: Emphasis: Hands-on experience.

Morning discussions include: Third-trimester management and nutrition; Sire selection based on data from records (EPD); Health programs pre-breeding to third trimester; The Birthing function - identifying membranes and fluids; calving equipment and it's proper use; Handling abnormal presentations (Dystocia, pulling and proper assistance).

Noon: bring a sack lunch.

Afternoon discussions will be: Post-calving management; Special handling of first calving heifers;

Health programs-third trimester/following calving; Calving barn facilities, chutes, etc.; Getting them bred back on schedule.

NOTE: We will stop classroom

presentations whenever a heifer starts to calve. Discussions will be held on emergency situations as they arise. Come prepared for any kind of weather.

**OSU**  
**Calving School**  
**February 13, 1993**  
**Norstar Cattle Co, Willowdale**

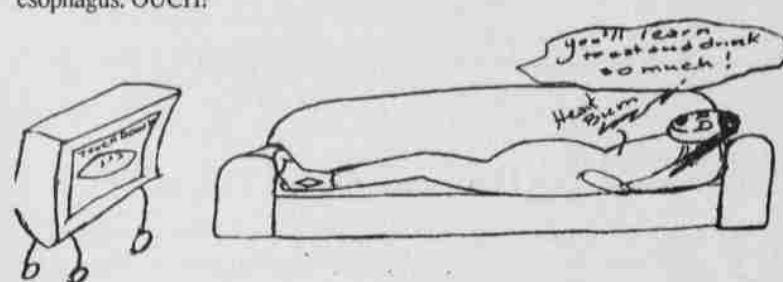
Name \_\_\_\_\_

Address \_\_\_\_\_ City/Zip \_\_\_\_\_

Phone: \_\_\_\_\_ (Home) \_\_\_\_\_ (Business)

Registration \$20 per person. Make Check Payable to:  
Total Amount Enclosed \_\_\_\_\_  
Rockin' 4-H Club  
Warm Springs Extension Service  
PO Box 430  
Warm Springs, OR 97761

Return registration form and check no later than February 3.



Happy Holidays to you and yours!